





HOPE IN RECOVERY CENTER |



A place where we live recovery together one day at a time | Phone # (701) 809-3758

Sun. CLOSED	Monday LHC	Tuesday LHC	Wednesday LHC	Thursday LHC	Friday LHC	Saturday CLOSED
					1 1:00 PM- Brain Injury Support and Education Group	2 EVENT: Service Dogs for America Volunteering
3	4 11:00 AM- Members Meeting 3:00 PM- Cards & Board Games	5 11:30 AM- Rummy 3:00 PM- CODA	6 10:00 AM- P&B Games 11:30-12:30 AM- Meal 1:00-3:30 PM- AH 4:00 PM- MH GRP	7 1:00 PM- Member's Choice 5:00PM GYST Planner	8 11:30-12:30 PM- Meal 3:00 PM- Cards & Board Games	9 EVENT: Fargo Birding Festival 
10	11 3:00 PM- Cards & Board Games	12 11:30 AM- Rummy 3:00 PM- CODA	13 10:00 AM- P&B Games 11:30-12:30 AM- Meal • FCN available 1:00-3:30 PM- AH 4:00 PM- MH GRP	14 1:00 PM- Member's Choice 5:00PM GYST Planner	15 11:30-12:30 PM- Meal 3:00 PM- Cards & Board Games	16
17	18 3:00 PM- Cards & Board Games	19 11:30 AM- Rummy 3:00 PM- CODA	20 Mental Health Day 10:00 AM- P&B Games 11:30-12:30 AM- Meal 1:00-3:30 PM- AH 4:00 PM- MH GRP	21 1:00 PM- Member's Choice 5:00PM GYST Planner	22 11:30-12:30 PM- Meal 3:00 PM- Cards & Board Games	23 
24	25 Closed for Memorial Day	26 11:30 AM- Rummy 3:00 PM- CODA	27 10:00 AM- P&B Games 11:30-12:30 AM- Meal 1:00-3:30 PM- AH 4:00 PM- MH GRP	28 1:00 PM- Member's Choice 5:00PM GYST Planner	29 11:30-12:30 PM- Meal 3:00 PM- Kitchen 101	30
31						

LHC: Lighthouse Church
HOH: House of Hope
AH: Art Hangout
CODA: Codependents Anonymous
MH GRP: Mental Health Group
P&B Games: Puzzles and Board Games
FCN: Faith Community Nurse
GYST: Get Your Stuff Together Planner Group

Check the back for event details & more! →

HIRC Weekly Hours
NEW HOURS
Monday | 9:00 AM-5:00 PM
Tuesday | 9:00 AM-5:00 PM
Wednesday | 9:00 AM-5:00 PM
Thursday | 9:00 AM-6:00 PM
Friday | 9:00 AM-4:00 PM
Sat. & Sun. | CLOSED

HIRC Locations
 Currently, the HIRC will be meeting full-time at Lighthouse Church while projects are being done at the House of Hope.
LHC: 21 9th St S, Fargo
HOH: 111 9th St S, Fargo

Meet Amy!

We'd like to welcome our newest staff member to the HIRC, Amy Berneking! Amy has been a Peer Support since August of 2023 and enjoys bringing joy to others and lending a listening ear. She loves candy, the color purple, and volunteering in theatre and community plays. Her favorite season is spring because the robins return and the lilacs bloom. Be sure to say hello to Amy when you see her at the HIRC!



Art/Game-In Recap!

We had a ton of fun at our 2 day event doing arts and crafts and playing the game, *Settlers of Catan*!



May Events

Service Dogs for America Volunteering May 2nd

We will be traveling back to Jud, ND for another volunteering day at Service Dogs For America! There will be a wide variety of volunteering opportunities from dusting, to construction and more-- so all can find ways to help out! There will be breakfast and lunch served! Check in at the church at 6:45AM and we'll leave at 7AM sharp on Saturday, May 2nd. Make sure to sign up at the HIRC to join us!

Member Meeting May 4th

Join us for our Member Meeting on Monday, May 4th at 11 AM! We will be meeting at the Lighthouse Church basement, come as we discuss HIRC related information. This meeting is open to everyone- so bring a friend!

Fargo Birding Festival May 9th

The HIRC will be attending the Fargo Parks Birding Festival on Saturday, May 9th! Join us for a morning dedicated to learning about which birds (up to 50+ species) can be seen during this spring migration season! Check in at the church at 6:45AM and we'll leave at 7AM sharp. Remember to dress for the weather as we will be outside!

Faith Community Nurse May 13th

The HIRC Faith Community Nurse comes once a month to do blood pressure checks and answer questions you may have about physical and mental health. They will be here this month on May 13th during the meal time, 11:30AM-12:30PM.

Mental Health Day May 20th

Join us for our 2nd Mental Health Day this month on the 20th as we partner with Lighthouse, Southeast Human Service Center and First United Methodist Church to bring a full day of mental health related education, activities, meetings, meals and more! Join us as we kick off the day with our Steps to Serenity Walk around Island Park starting at 10 AM, starting at the church! More information to come on the HIRC Facebook page and the Lighthouse website!

Reminder! The HIRC will be closed on 5/25 for Memorial Day

Save the Date!

June 1st | Member Meeting | 11:30 AM | LHC
Make sure to put the June Member Meeting on your calendar!

